




**Fremont Multi-Service Senior Center**  
40086 Paseo Padre Parkway (at Lake Elizabeth)  
Fremont, CA 94538  
790-6600 • 494-4539 (T.T.Y.) •  
[www.fremont.gov](http://www.fremont.gov)

**Lunch: 12 noon (daily)**  
**Information Line: 790-6610 (Menu & Activities)**

# October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 8:40 Cholesterol Tests 9:00 Canasta 9:00 Cultural Council – Boathouse 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>2</b> <b>October Meals Supported by Fremont Bank Foundation</b> <b>All A Wing Classes Cancelled for Clothing Sale Preparation</b> 9:00 Chinese Club (fee) 9:00 Chinese Counseling & Information 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Exchange Club 1:00 Chess & Games 2:00 Senior Center Singers	<b>3</b> <b>October Meals Supported by Fremont Bank Foundation</b> <b>Clothing &amp; Gently Used Sale 9 to 2:30 in A Wing</b> 9:30-3 Washington on Wheels 8:30 Walkers 9:00 Pinochle 9:00 Canasta 9:00 Card games 10:00 Bridge 1:00 Chinese Club Movie 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Garden Club 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi
<b>6</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Hearing Test 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 International Line Dance 6-8:30 Caregivers Support – City Hall	<b>7</b> <b>October Meals Supported by Fremont Bank Foundation</b> <b>ALL DAY – ELECTION DAY</b> 8:00 Yoga/Stretch 8:30 Senior Fitness 9:00 Softball Practice-fld 2 9:30 Senior Fitness 9 - 12 B. P. Screening 10:00 Creative Writing 10:30-3 Deaf Seniors (Senior Center) 12:45 Los Amigos 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	<b>8</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Social Security (appt) 1:00 Mah Jongg 1:30 NARFE Board Mtg 1:30 Afghan Women 7:00 Woodcarvers	<b>9</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling & Information 9:30 Facility Sub – Comm. Meeting. 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 12:00 Exchange Club 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, “Young at Heart” Band (\$3)	<b>10</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Walkers 9:00 Pinochle/Canasta 9:00 Card Games 10:00 Bridge 1:00 Pinochle & Canasta <b>1:30 Birthday Party! Entertainment by Bob Madsen</b> 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi
<b>13</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 10:00 Harmonica (Carlton Plaza) 11:00 AARP Social Time 1:00 AARP Business Mtg 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1-4 Footcare-Tri-City (appt) 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 International Line Dance	<b>14</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:00 Yoga/Stretch 8:30 Senior Fitness 9:00 Softball Practice (field 2) 9:30 Senior Fitness 9 - 12 B. P. Screening 10:00 Creative Writing 10:30 Indo-American Seniors 12:45 Crafts <b>1:00 Speaker: Dan Swinbank, CRIL, “Assistive Technology Can Help You or a Loved One”</b> 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 3:00 East Indian Seniors 4:00 Tai Chi (Adv)	<b>15</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 10:00 Bingo! 10:00 Current Events 12:30-2:30 Medicare Counseling (appt.) 1:00 Visually Impaired Computer Class 1:00 Pinochle & Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>16</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 12:00 Exchange Club 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, “Young at Heart” Band (\$3)	<b>17</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Dr Wood 10:00 Bridge 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi 3:30 Russian Club
<b>20</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 10:00 Bingo! 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles: 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Interna. Line Dance	<b>21</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:00 Yoga/Stretch 8:30 Senior Fitness 9:00 Softball Practice (field 2) 9:30 Senior Fitness 9 - 12 B. P. Screening 10:00 Creative Writing 9-3 Deaf Seniors (Community Center) 12:45 Crafts 1:00 Bridge 1:45 Fremontaires 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	<b>22</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 12:00 Oktoberfest Lunch & Celebration, \$5, \$6, \$7 1:00 Social Security (appt) 1:00 Trip Meeting 1:00 Visually Impaired Computer Class 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>23</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 12:00 Exchange Club 1:00 Chess & Games 2:00 Senior Center Singers 9:30 Dance, “Young at Heart” Band (\$3)	<b>24</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 9:30 Footcare – Valley 10:00 Bridge 11:30 NARFE Social Time 12:30 NARFE Business Meeting 1:00 Pinochle/ Canasta 1:30 Needlecrafts 2:00 Parkinson's Disease & t Art of Moving (fee) 3:00 Tai Chi
<b>27</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:15 Tai Chi 8:30 Walkers 8:30 Quilters 9:00 Medicare Counseling (appt) 9:30 Builders Fund Board Meeting – visitors welcome 10:00 Harmonica (Carlton Plaza) 12:30 Beg Spanish 12:30 Games 12:45 Healthy Lifestyles 1:00 Painting Class 1:45 Intern Spanish 3:15 Adv Spanish (fee) 3:15 Interna. Line Dance 7 - 9 Parkinsons Support Group	<b>28</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:00 Yoga/Stretch 8:30 Senior Fitness 9:00 Softball Practice (field 2) 9:30 Senior Fitness 9 - 12 B. P. Screening 10:00 Creative Writing 10:30 Indo American Seniors <b>12:00 Diwali Festival &amp; Lunch</b> 12:45 Crafts 1:00 Legal Assist. for Seniors 1:00 Bridge 1:45 Fremontaires 2: 00 Grief Support Group 2:00 Visual Concerns Support Group 3:00 East Indian Seniors 3:00 Tai Chi (Beg) 4:00 Tai Chi (Adv)	<b>29</b> <b>October Meals Supported by Fremont Bank Foundation</b> 9-1 <b>FLU SHOTS TODAY - \$5, Pneumonia - \$25</b> 8:15 Tai Chi 8:30 Walkers 9:00 Canasta 9:30 Band Practice 10:00 Current Events 12:30 Medicare Counseling (appt) 1:00 Visually Impaired Computer Class 1:00 Pinochle/ Canasta 1:00 Mah Jongg 7:00 Woodcarvers	<b>30</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Senior Fitness 9:00 Chinese Club (fee) 9:00 Chinese Counseling and Information 9:30 Senior Fitness 10 – 3 B.P. Screening 10:30 Yoga/Stretch 12:00 Lunch 12:00 Exchange Club 1:00 Chess & Games 2:00 Senior Center Singers 2:30 Dance, “Young at Heart” Band (\$3)	<b>31</b> <b>October Meals Supported by Fremont Bank Foundation</b> 8:30 Walkers 9:00 Pinochle/ Canasta 9:00 Card Games 10:00 Bridge <b>12:00 Halloween Lunch &amp; Celebration, \$5, \$6, \$7</b> <b>12:30 – 3:00 Halloween Dance - \$5 Benefit for Pool Tables</b> 1:00 Pinochle & Canasta 1:30 Needlecrafts 2:00 Parkinson's Disease & Art of Moving (fee) 3:00 Tai Chi